

Career Planning

Missouri Vocational Rehabilitation (VR) provides a wide range of services to eligible students with disabilities. These services can help you explore career possibilities, learn about educational opportunities after high school and prepare for the future.

Career planning will help you prepare for the future by exploring different jobs, identifying a career pathway that is interesting to you, and participating in a variety of work experiences to gain the skills and abilities needed for success in life beyond high school. VR will work with you, your teachers, your parents or other family members, employers, and other agencies to ensure that career planning goes smoothly.



Pre-Employment Transition Services

Pre-employment transition services will give you an early start at job exploration and opportunities for real-world work experience to help you identify your career interests.

If you need pre-employment transition services, VR will work with your school to provide services and activities in one or more of the following areas:

- Job-exploration counseling
- Work-based learning experiences
- Counseling on opportunities for enrollment in postsecondary education programs
- Workplace-readiness training
- Instruction in self-advocacy

Transition Services

As you move forward in career planning, a VR counselor will determine if you are eligible for additional transition services that could be provided while you are still in high school. These services include:

- Career exploration and assessments
- Career guidance and counseling
- On-the-job training, internships, apprenticeships and other work experiences
- Résumé development and job-search activities
- College or career training
- Job coaching
- Rehabilitation technology services
- Other services based on individual needs

Planning for Your Future

To begin planning for your future, you and your VR counselor will work together to explore different jobs and careers that best match your strengths, abilities and interests. You will be given all of the needed information and options so that you may make informed choices and design your own plan for employment.

Your VR counselor will continue to provide support and services as you move along your career pathway and become successfully employed.



What Is Vocational Rehabilitation?

VR helps eligible individuals with physical, mental or learning disabilities prepare for a career. VR is supported by funds from state and federal government.

Who Pays for VR Services?

Most services are provided at no cost. Payment for some VR services may be based on your and your family's income, resources, and the ability to pay for costs associated with a specific service.

Who to Contact

If you are interested in receiving VR services, ask your teacher or counselor to make an appointment to meet with the VR counselor who visits your school. Or, you can call VR's central office at 877-222-8963, visit vr.dese.mo.gov or contact your local VR office directly.

Additional services might be available through Rehabilitation Services for the Blind (RSB) if you have a visual disability or are blind. For more information, contact RSB at 800-592-6004.

Due to restricted funding, Missouri Vocational Rehabilitation is unable to provide services to all individuals with disabilities at this time. A statewide Order of Selection has been implemented, and individuals will be served on the basis of the severity of their disability.

For a listing of VR offices or to learn more about Missouri Vocational Rehabilitation and transition services, contact:

Missouri Vocational Rehabilitation

3024 Dupont Circle

Jefferson City, MO 65109-6188

Phone: 573-751-3251

Toll-free: 877-222-8963

Fax: 573-751-1441

Email: info@vr.dese.mo.gov

Website: vr.dese.mo.gov



Office of Adult Learning and Rehabilitation Services

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